

Ration card program starts

SEOUL, South Korea – The U.S. Forces Korea Unit Ration Control Card Program recently replaced the Unit Representative Program, which allows units to make Morale, Welfare, Recreation purchases for unit functions and snack bars. Units will now receive an actual ration card for their use.

Unit commanders must apply in writing for a unit ration control card. The J1 Data Management Division will no longer accept applications for unit representatives. However, current unit representatives are authorized to make pur-

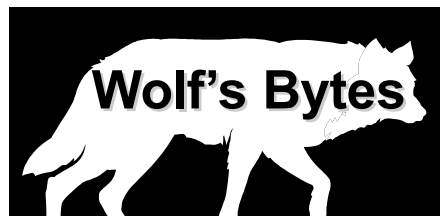
chases until July 1.

According to Numer Roberts, Ration Control Policy Officer, the change will discourage potential abuse in the ration control system.

To obtain the Unit Ration Control Card, unit commanders must submit an application (USFK form 42-4-E) through their battalion/squadron for approval. The battalion/squadron commanders will designate the number of cards required for their command. Unit Ration Control Cards for staffs, tenant units, and service organizations (Red Cross, USO, etc.)

will be requested through organization chiefs. The ideal Unit Ration Control Card issue ratio for staffs, tenant unit, and service organizations is one card per every 120 personnel.

Applications, Control Log (USFK Form 219E), and the governing regulation (USFK 60-1) are located online at www-eusa.korea.army.mil. Applications will be forwarded to J1 Data Management Division through normal ration control channels. For more information, call the pass and identification office at 782-4900.



Thank you for the wonderful Memorial Day weekend, 8th Services Squadron.

Thank you especially to Tech. Sgt. Mary Mayer for the full-day block party Monday and also to Senior Airman Ciara Simms for her work putting together a great Kunsan Sports Day May 25.

In line with kicking off the summer, last weekend was also the beginning of the Air Force's 101 Critical Days of Summer safety campaign. The campaign began as an effort to curb vehicular and other accident fatalities, which tend to be higher in the Air Force during the summer months. Most of those fatalities involve alcohol.

The bottom line on safety is that each of us is charged with looking out for each other. Whether you're at Osan Air Base shopping, site-seeing at Cheju-do Island, visiting downtown Kunsan or just hanging out on base for the weekend, we need to be watching each other's back and keeping each other from making bad choices.

The goal of the 101 Critical Days of Summer campaign is to remind us that there are some serious consequences to our actions and that we should think about some of those consequences before we make decisions we know are risky.

As the weather gets even warmer, the Wolf Pack will be spending more time outside. I encourage everyone to get out and see as much of South Korea as you can while you're here. But when you're out there, stop and think about how your actions may affect yourself and others you may come in contact with.

Next week, we'll have two inspection teams coming to Kunsan to look at the 8th SVS and the 8th Medical Group. As far as I'm concerned, the teams are inspecting more than their respective areas, they're inspecting the entire 8th Fighter Wing.

Take that extra moment to clean up your areas and keep our base looking good so we can keep the winning tradition people have grown to expect from the Wolf Pack.

May God have mercy on the Wolf Pack's prey.

Smoking: Bad habit nothing to smile about

By Capt Jo Vu
8th Medical Operations Squadron Dental Flight

Smoking is a highly addictive and unhealthy habit. While many continue to smoke, the dangers of this habit cannot be denied. The relationship between smoking and a stroke, heart or lung disease is well known, but what oral problems are smokers likely to experience? Smokers have a much greater chance of mouth cancer than non-smokers. Recent studies have revealed that cigarette smokers are more likely to develop periodontal (gum) disease, and have it more severely than non-smokers. Periodontal disease is the leading cause of tooth loss in the United States. Smoking by expectant mothers has been linked to some birth defects, such as cleft palate. Since 1964, the American Dental Association has strongly urged Americans to quit all tobacco habits.

Cigars are not a safe alternative to cigarettes. Cigar smokers are at greater risk of death from cancer of the throat, mouth and esophagus. Cigars cause stained teeth and chronic bad breath. Although cigars are not usually inhaled, cigar smoke comes in contact with the lips, tongue, throat, nose and oral tissues. Cigar smokers have an equal risk for developing emphysema as do cigarettes smokers. Cigars were banned from restaurants long before cigarettes because of their foul odor and secondhand smoke. Like cigarettes, cigars can cause cancers of the mouth

and lung as well as increasing the risk for stroke, heart attacks and lung disorders.

Smokeless tobacco (snuff and chewing tobacco) have been linked to an increased risk for oral cancer, which is responsible for 9,000 deaths annually. Nationwide, 30,000 cases of oral cancer are diagnosed yearly. According to recent American Dental Association statistics, users of smokeless tobacco number 10 to 12 million, with 1.2 million being teen-agers.

Studies were performed on professional baseball players who used smokeless tobacco, and they were found more likely to have pre-cancerous lesions, tooth wear and gum recession than non-users. The baseball player's belief that smokeless tobacco products improve performance were found to be unfounded by comparing batting averages, pitchers' earned run averages and fielding averages of users versus non-users.

The good news is that most of the detrimental effects of tobacco are reversible if the habit is stopped early enough. When you decide to quit using tobacco, a trip to the dentist may be just what the doctor ordered. After your last puff or dip, your dentist can clean the nicotine and tar that have stained your teeth. With a bright, clean smile you may have a better incentive not to smoke again. Professional assistance has helped lots of people, and may even help you. Call the Health and Wellness Center at 782-4305 if you would like to stop.



Pride of the Pack



Job: 8th Security Forces Squadron, personal security specialist

Hometown: Bronx, N.Y..

Follow-on: Misawa Air Base, Japan

Accomplishments: Saved Department of Defense time and money by eliminating unnecessary security clearance upgrades; active honor guard member; volunteered at Kunsan YMCA

The Pride of the Pack is nominated by his or her commander, first sergeant or supervisor, or any Wolf Pack member, for outstanding value to their unit and dedication to the mission. To nominate a Wolf Pack member, send a nomination to the individual's group commander.



Senior Airman Janelle Amador